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Anglican Church votes in favour of
gay marriage (after stunning reversal)
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BANDING TOGETHER TO STOP VIOLENCE IN T.O.

metroNEWS

Marrying urbanism with Pokémon

AUGMENTED REALITY

**Toronto league
hopping onto
mobile craze
to explore city**



**Luke
Simcoe**
Metro | Toronto

Toronto: I choose you.
In their quest to catch 'em all,
Pokémon GO users in Toronto

are rediscovering the landmarks,
avenues and alleyways that make
up their city.

"I had never been to the Jack
Layton ferry terminal before, but
I went there after work and got
to see all these interesting things
while trying to catch Pokémon
for fun," said Sushil Tailor, a self-
described Pokémon fanatic who
works downtown.

The augmented reality game
— which Nintendo hasn't been
officially released in Canada yet
— is based on a database of global
parks, public art, heritage sites

and popular buildings. Pokémon
are more likely to be spotted near
these locations.

"It's easy to marry urbanism
with Pokémon," Tailor said.
"Walkable neighbourhoods
directly correlate with running
into more Pokémon, more land-
marks, and more gyms."

Rachel Lissner, founder of To-
ronto's Young Urbanists League
Facebook group, has been play-
ing the game non-stop since Mon-
day. From chasing a Torterra
through the Christie Pitts pool
to scouring Kensington Market

in search of a Jynx, the game has
Lissner exploring the city a bit
more than usual.

She even took a stroll through
the Annex in the wee hours of
Tuesday morning in a quest
to capture some nocturnal
Pokémon. She didn't catch any
but did discover some new lane-
way art near her house.

"I definitely learned some
things about the area," said Liss-
ner, who's helping to organize a
Pokémon GO walking tour with
other members of the Young Ur-
banists League Facebook group.

"I also got to pet lots of the cats
that were roaming around the
neighbourhood. That was pretty
great."

And, if there wasn't enough
hype already, Lissner has an-
other pitch for Nintendo: To-
ronto-themed Pokémon, which
would only be available in certain
parts of the city.

"There could be a specific To-
ronto Island Pokémon, or one
that looks like a peameal bacon
sandwich that you could only
catch at St. Lawrence Market,"
she said.

See **metroVIEWS**
for reasons why
parents should get
on board



ONTARIO ENERGY BOARD NOTICE ONTARIO POWER GENERATION INC.

Ontario Power Generation Inc. has applied to raise its payment amounts.

Learn more. Have your say.

Ontario Power Generation Inc. has applied to the Ontario Energy Board with a plan to increase the amount it charges for the output of its nuclear generating facilities and most of its hydroelectric generating facilities in each of the five years beginning on January 1, 2017 and ending on December 31, 2021. If the Ontario Energy Board approved the application as filed, Ontario Power Generation has calculated that the monthly bill for the typical residential customer using 750 kWh of electricity per month would change by the following amounts:

2017	2018	2019	2020	2021
-\$1.29	\$1.73	\$1.07	\$1.86	\$1.89

Other customers, including businesses, will be affected as well.

THE ONTARIO ENERGY BOARD IS HOLDING A PUBLIC HEARING

The Ontario Energy Board (OEB) will hold a public hearing to consider Ontario Power Generation's request. We will question the company on its case for a payment amount increase. We will also hear questions and arguments from individuals and from groups that represent consumers of electricity. At the end of this hearing, the OEB will decide what, if any, increase will be allowed.

If Ontario Power Generation's application is approved, the OEB's subsequent review in the years 2018 through 2021 may be limited to applying a formula that is tied to inflation and to ensuring certain annual adjustments are made in accordance with the approved payment amount plan. You may not receive further notice of those adjustments.

The OEB is an independent and impartial public agency. We make decisions that serve the public interest. Our goal is to promote a financially viable and efficient energy sector that provides you with reliable energy services at a reasonable cost.

BE INFORMED AND HAVE YOUR SAY

You have the right to information regarding this application and to be involved in the process:

- You can review Ontario Power Generation's application on the OEB's website now.
- You can file a letter with your comments, which will be considered during the hearing.
- You can become an active participant (called an intervenor). Apply by **July 26, 2016** or the hearing will go ahead without you and you will not receive any further notice of the proceeding.
- At the end of the process, you can review the OEB's decision and its reasons on our website.

LEARN MORE

The payment amounts relate to generation from Ontario Power Generation's nuclear facilities and most of its hydroelectric facilities. They make up part of the Electricity line - one of the five line items on your bill. Our file number for this case is **EB-2016-0152**. To learn more about this hearing, find instructions on how to file letters or become an intervenor, or to access any document related to this case please select the file number **EB-2016-0152** from the list on the OEB website: www.ontarioenergyboard.ca/notice. You can also phone our Consumer Relations Centre at 1-877-632-2727 with any questions.

ORAL VS. WRITTEN HEARINGS

There are two types of OEB hearings – oral and written. The OEB will determine later in the process whether to hold an oral or a written hearing in this case. If you think an oral hearing is needed, you can write to the OEB to explain why by **July 26, 2016**.

PRIVACY

If you write a letter of comment, your name and the content of your letter or the documents you file with the OEB will be put on the public record and the OEB website. However, your personal telephone number, home address and email address will be removed. If you are a business, all your information will remain public. If you apply to become an intervenor, all information will be public.

This payment amount hearing will be held under section 78.1 of the Ontario Energy Board Act, 1998, S.O. 1998 c.15 (Schedule B).



Ontario Energy Board / Commission de l'énergie de l'Ontario



Safety plan may get boost

ROADS

Council to debate \$12M increase on Wednesday



Luke Simcoe
Metro | Toronto

City staff is recommending the budget for Toronto's road safety plan be increased by \$12 million, money that would be spent expanding the plan and rolling it out faster.

The new money would bring

the plan's budget to \$80 million over five years. Of that, \$76 million would be for capital projects, including intersection redesigns, changes to signals and pavement markings and traffic calming.

The information comes from a supplementary report requested by the public works and infrastructure committee last month. Council is expected to debate the plan Wednesday.

The report says the extra cash would "accelerate" many programs in the original plan, and pay for new measures, including a road safety committee to oversee the rollout and evaluate its success.

When it was unveiled June

ROAD SAFETY PLAN COMPARISON

-Total budget
-New accessible pedestrian signals
-Radar speed monitoring at schools
-New mid-block crossings

Original Plan

■ \$68 million
■ 5 intersections per year
■ 10 schools per year
■ 5 crossings per year

Revised proposal

■ \$80 million
■ 20 intersections per year
■ 20 schools per year
■ 10 crossings per year

13, the road safety plan faced criticism from those who argued its budget — and its goal of reducing road fatalities by 20 per cent — was inadequate.

Politicians, including Mayor John Tory, quickly backtracked, promising to eliminate road deaths, but no new money had

been announced until now.

Still, the extra \$12 million didn't satisfy some of those concerned about the rising number of pedestrian and cyclist fatalities in Toronto.

Twenty-two people have been killed this year. Four of those deaths have come since the road

safety plan was tabled.

"The report can't change the target from a 20 per cent reduction to 100 per cent just by adding peanuts to the budget," said 8-80 Cities founder Gil Penalosa. "It would have to be redone with bolder measures and 10 times the budget."

ACCESSIBILITY

Man faces off with TTC bus

The Toronto Transit Commission is reviewing an incident in which a man in a wheelchair positioned himself in front of a bus after several other buses reportedly failed to stop for him.

On July 5, Twitter user C.K. Mitchko posted a photo with the message: "Wheelchair bound person had to resort to this after waiting/ be 'passed by', by the #TTC for 2 hrs!!"

The incident reportedly occurred when several buses passed by the man as he waited for a 45 Kipling bus at Kipling Ave. and Redcliff Blvd. TTC spokesman Brad Ross said there's a review underway to determine what happened. **TORSTAR NEWS SERVICE**



Mohamad Alhajabdullah wheeled in front of crowded bus and refused to move. **TWITTER**

YORKDALE STATION

Historic art installation to shine again



May Warren
Metro | Toronto

One of Toronto's long lost public artworks will shine again as early as next year.

The TTC and Oxford Properties are joining forces for a \$500,000 project that will reilluminate Yorkdale station's Arc en Ciel.

Originally created in 1978 by Canadian artist Michael Hayden, the light installation consisted of rainbow-painted glass tubes that spanned the roof of the station and lit up as trains pulled in and out.

But it was scrapped by the city in the mid-1990s after it stopped working and was deemed too costly to repair.

Hayden, who has done similar works around the world, including at Chicago's O'Hare International Airport, has signed a contract to remake the installation. This time, he'll use LED lights.

"I don't think there was great wisdom in throwing the piece out," he told Metro from his home in California.

"I was just some hippie from Toronto who did some art, and they just threw it away."

"I'm glad it's going back in. I'm looking forward to it, it's going to be a more contemporary piece."

The majority of the project will be financed by Oxford Properties, the firm behind Yorkdale



Yorkdale station's original Arc en Ciel went dark in the mid-1990s after it fell into disrepair. **COURTESY TTC ARCHIVES**

Shopping Centre. Some of the money comes from a pool dedicated to community improvements as part of the shopping centre redevelopment.

TTC spokeswoman Susan Sperling said the work is scheduled to start this year.

Former Ward 15 councillor Howard Moscoe has been

a champion of the new project for years and negotiated the original agreement with Oxford.

"I was thrilled as a young

person when the arc was installed in the Yorkdale subway. It was a magnificent installation," he said.

"It deserves to be back."

Passes won't be mailed

The transit agency announced Tuesday it has decided not to send out August transit passes to its 53,000 Metropass Discount Plan subscribers, "due to the uncertainty surrounding a possible labour disruption at Canada Post."

The TTC is advising customers who subscribe to the plan to purchase passes at subway stations or one of 1,500 third-party vendors.

TORSTAR NEWS SERVICE



Airbnb 'is pushing houses off market'

HOUSING

Report warns that provider is taking stock from residents



May Warren
Metro | Toronto

A new report is raising concerns that Airbnb is pushing much-needed housing units off the GTA market.

Nearly 85 per cent of Airbnb revenue in the area comes from renting out entire homes as opposed to spare rooms in shared spaces, the report shows.

It's an indication that people are buying properties specifically for the purpose of running "ghost hotels" — properties reserved for short-term leases.

The problem is three-fold, said Lyle Hall, managing director of HLT Advisory, a consulting



There are calls for Airbnb to be regulated. AFP/GETTY IMAGES

firm for the tourism industry.

"One, you are taking housing stock away from people who live in the community," he said. "Two, what condo or apartment rules might you be violating or the owner might be violating by renting the place out on a nightly basis? Three, what revenue impacts are there

to the host community?"

HLT teamed up with Ryerson University's Ted Rogers School of Management for the report. It comes as a new coalition — comprising labour unions, hotel industry reps and employees and affordable housing advocates — call for

city council to regulate Airbnb.

"This whole idea of a sharing economy is really nice, but the reality is it's a booking economy," said Chris Gibbs, an assistant professor in Ryerson's hospitality and tourism management program. "Airbnb has become a booking engine no different from Expedia and an insignificant portion of its revenue is coming from what they've sort of built their brand on."

Asked about the report's numbers, Max Pomeranc, regional head of public policy for Airbnb, said the company is "committed to working with all levels of governments in Canada and around the world to ensure that there are clear, easy-to-follow rules for residents that want to share their homes."

That includes "working with policymakers and providing insight into the makeup of our community — the vast majority of whom are regular people — to develop smart, clear and fair home-sharing regulations."

BROKER REPORT

House price surge predicted to go on

Continued low interest rates have one of the country's biggest real estate brokers backtracking on its earlier prediction of a slower housing market in the second half of the year.

Royal LePage expects Toronto area housing prices to be 14.9 per cent higher in the last quarter of 2016, compared to the same period last year.

That, along with a 27 per cent forecast increase in Greater Vancouver home prices, is helping push the company's national year-end quarter prediction to 12.4 per cent.

"I believe it is the highest value put forward by a serious forecasting agency since the

turn of the century," said Royal LePage CEO and president Phil Soper. Earlier, Royal LePage had been predicting about a seven per cent national increase in the final quarter, he said.

"In our own forecasting you'd have to go back into the high inflation era of the 1980s before you'd see a number that large," he said.

The climbing price is partly a product of the simultaneous growth of Toronto and Vancouver markets.

"For the first time for the last 16 years that we've seen strong price appreciation out of our two big and expensive cities," said Soper.

TORSTAR NEWS SERVICE



House prices in Cabbagetown and beyond continue to rise at a significant rate. TORSTAR NEWS SERVICE

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First Nations school delay frustrates parents

EDUCATION

Board now says Eastern Commerce may not be best spot

A year after the Toronto District School Board agreed to open a unique First Nations school from kindergarten through Grade 12 at Eastern Commerce Collegiate, worried parents say building has not started, funding has not been found, and it's unclear it will be built on that site at all.

Yet part of the delay comes from the surprise discovery that the stately 1925 building looks to many like a dreaded residential school — and would need a \$40-million redo, inside and out, to become a respectful, welcoming hub of indigenous learning.

As a result, the board has decided to see whether it makes better sense financially to simply build a new school designed from the start for indigenous learning, said Director of Education John Malloy. The commun-

ity has suggested that would include space for drumming and smudge ceremonies, green space for nature study and circular spaces for learning.

"I'm sure it's hard not to become impatient, but we value the community's vision of an 'indigenized' learning environment, and we're trying to figure out the best way to get there together," Malloy said in an interview Tuesday. "No delay has been intended."

But the slow timeline has frustrated some parents at the current First Nations School of Toronto, a small elementary program that teaches Ojibwe and cultural perspectives. The program is spread over three floors at Dundas Junior Public School and has long been deemed in need of a new home.

"I want people to understand how urgent this is; after Grade 8, indigenous students aren't getting what they need so they end up dropping out," said Shannon Judge, co-chair of the parent council at First Nations School of Toronto.

TORSTAR NEWS SERVICE



Shannon Judge, shown with daughter Raven Judge, 9, son Rayne Judge, 7, and father Neil Judge, is frustrated there is no answer yet if the TDSB will get funding to build a new school for indigenous students. MARCUS OLENIUK/TORSTAR NEWS SERVICE

We're Hiring

The York University Temporary Agency (YUTA) is hiring! We are currently accepting applications for a number of positions across campus including customer service, cashier and front line. Please visit <https://yorku.hiringplatform.com/list/careers> to find out more about these great opportunities!



IN BRIEF

Homeless man mourned

None of them knew him when he was alive. None of them even knew his real name. All they knew was that he was 42, reportedly homeless and fatally shot by Toronto police last month.

But that was enough for the roughly two dozen people who gathered at the Toronto Homeless Memorial Tuesday as his fill-in name, "John Doe," was added to the running list of more than 800 homeless people who have died in the city since 1985. TORSTAR NEWS SERVICE

Privacy watchdog drops case against police

Ontario's Information and Privacy Commissioner has dropped the case against Toronto police over their practice of letting U.S. border cops access sensitive information about suicide attempts.

Toronto police used to automatically share info about interactions with individuals in an RCMP-run database called the Canadian Police Information Centre. U.S. border police have access to CPIC. TORSTAR NEWS SERVICE

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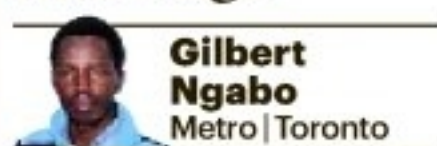


ART DON'T BOTTLE UP YOUR FEELINGS ON ADDICTION Three seven-foot pill bottles containing individuals personally affected by opioid dependency stand on display at Union Station on Tuesday. The installation is part of a touring project by OrbeOK.ca, a website dedicated to educating Canadians on prescription opioid disorder. According to the site's statistics, opioid and fentanyl use and abuse has been named one of Canada's leading health concerns. **LIZ BEDDALL/METRO**

LGBTQ Anglicans allowed to marry

RELIGION

Misplaced vote undoes decision to reject gay marriage



Gilbert Ngabo
Metro | Toronto

LGBTQ Anglicans in Toronto learned they can finally get married Tuesday, capping a roller-coaster two days for the church.

The Anglican General Synod voted to reject same-sex marriage Monday, but reversed the decision the following day after discovering the deciding vote had been misplaced.

David Howells, priest at the Church of the Redeemer on Bloor Street West, was "ecstatic" when the reversal was announced Tuesday evening. About 40 per cent of his congregation is from the LGBTQ community.

"I'm so delighted that the Anglican Church is now looking ahead rather than back 2,000 years," he said. "This is the on-

going relationship of the heart and mind of our people and the way society moves."

Following Monday's announcement, bishops from Niagara, Ottawa and Huron declared they would move ahead and bless same-sex marriages in spite of the church's initial decision. Toronto Archbishop Colin Johnson was also on board, saying allowing same-sex marriage in the Anglican Church was "the next logical step."

"I think it's going to happen within a short period of time," he told Metro Tuesday, hours

before the vote was reversed.

Urban Anglicans have long been in favour of marriage equality compared to rural ones, said Chris Ambidge, president of Integrity Toronto — a group of LGBTQ Anglicans and allies.

Now that the decision has been made, Ambidge isn't worried about a schism between the two factions. "We'll learn to live together with different opinions," he said. "I do feel sorry for LGBTQ people living in unwelcoming areas. But the description of what marriage is, is not gendered."



Toronto Archbishop Colin Johnson voted in favour of allowing same-sex marriage. **YOUTUBE/ANGLICAN CHURCH OF CANADA**

'We need change of tactics'

POLICIES

March aims to broaden fight against violence



Gilbert Ngabo
Metro | Toronto

Antonius Clarke doesn't believe that violence in Toronto is just about Jane and Finch, Kingston Road or the Entertainment District.

It's an issue that affects the entire city, he says. And to curb violence in Toronto, the entire city needs to work together.

"Every mother that loses a child to gun violence needs to be supported," said Clarke, the executive director of Friends in Toronto Community Services. "They want a place to speak out and to be heard, and they are not getting that right now."

Along with a group of young activists from across the city, Clarke is pushing Toronto to take a holistic approach to



Antonius Clarke is leading the charge as Friends in Toronto Community Services works to coordinate various efforts to fight violence in the city. LIZ BEDDALL/METRO

tackling violence.

He and his team have organized a march dubbed Rallying Da6 Against Violence next week in the Jane and Finch area, a neighbourhood that's seen its fair share of violence.

The march may be happening in Rexdale, but their goal is to take the fight to the entire city, enlisting support from politicians, community activists, security forces and residents everywhere.

Clarke, a former member of the Toronto Youth Council, said existing anti-violence policies in the city aren't working. "The fact that there's ongoing cycle of violence in our communities means we need

CRIME NUMBERS

202: Violent crimes in Toronto so far this year, compared to 150 last year.

23: Shooting deaths this year, compared to 12 last year.

73: Injuries from shootings this year, compared to 73 last year.

3: Stabbings this year, compared to eight last year.

SOURCE: TORONTO POLICE CRIME STATISTICS

a change of tactics," he said.

The best way to fight against violence is by reducing poverty and promoting education, civic responsibility and personal development among youth, he said.

"Young people are very concerned about limited amount of time and resources dedicated to stopping violence," he said. "Let's work together to make sure they have the support, on an ongoing basis."

TRANSIT

Lastman prefers light rail

Mel Lastman, the first mayor of amalgamated Toronto, suggested Tuesday that an abandoned light-rail transit project made more sense than a single-stop subway extension in Scarborough.



Mel Lastman.
TORSTAR NEWS SERVICE

But it's also too late to reverse course again, he said.

"I love subways, please," said Lastman who was with past mayors and chairs at Toronto city hall for the unveiling of a pre-amalgamation photo display. "But when somebody says to me, 'Here's a couple of billion dollars and we'll pay for it ... I couldn't pass that up, never,'" Lastman told reporters.

Council is being asked to revive the seven-stop LRT line to the Scarborough Town Centre and scrap a proposed extension backed by Mayor John Tory.

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'We miss her, and we want her back'

CALGARY

Amber Alert issued for girl after her mom was found dead



Lucie Edwardson
Metro | Calgary

The family of Taliyah Leigh Marsman made an emotional plea for the five-year-old's safe return at a public press conference over noon Tuesday.

An Amber Alert was issued for the youngster after her mom, Sara Baillie, was found dead in a northwest Calgary home early Tuesday.

Flanked by cousins, caregivers, and co-workers of the little girl's mom, Taliyah's great uncle, Scott Hamilton, did most of the speaking at the Calgary police headquarters.

"To those who have taken Taliyah Leigh Marsman, please return her," he said. "Drop her off



Taliyah Leigh Marsman
HANDOUT/THE ASSOCIATED PRESS

at an RCMP station, or a Calgary Police Service station, grocery store, gas station — wherever you want. Contact the family to come pick her up. There'll be no questions asked. We love her, we miss her, and we want her back."

Family described Taliyah as a little girl who was very mature and appeared older than her five years. They stressed the pronunciation of the little girl's name — Ta-LEE-ah — noting she might not respond to other pronunciations. The family last had contact with Taliyah Sunday morning.

Insp. Don Coleman of the major crimes section said they haven't labelled anyone as a suspect, but are pursuing all investigative avenues.

"We're starting with her inner circle and working our way out," he said.

Coleman said although the investigation is two pronged, as it is a being investigated as both a homicide and a kidnapping, their primary goal is to bring Taliyah home.

"We're doing everything we can to get as much information out there to have Taliyah safely returned," he said.

Coleman said the investigators located Baillie's vehicle a few blocks away from her home and are now searching it for any evidence. There was also no signs of forced entry on Baillie's home, police said.

Babysitter Keisha Meas describes Taliyah as a loving young child.

"She loves to dance, play, make new friends," she said. "She's just so friendly and loving and caring."



UKRAINE A DRAMATIC END TO EASTERN EUROPEAN VISIT Canadian Prime Minister Justin Trudeau and his son Xavier watch Ukrainian military exercises with Canadian military instructors on Tuesday at the International Peacekeeping and Security Center in Yavoriv, near Lviv. They watched through binoculars as a Soviet-era armoured personnel carrier led a group of Canadian and Ukrainian soldiers toward a wooden building. The air shook as the vehicle's cannon fired several bursts in quick succession. AFP/GETTY IMAGES & THE CANADIAN PRESS

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LIVING WAGE

Canadians split on tipping



Wanyee Li
Metro | Vancouver

An Angus Reid Institute poll released Wednesday shows while Canadians are split on the issue of tipping, more would rather see restaurants keep the practice than abandon it.

But Vancouver restaurant-owner Nevada Cope said the difficult decision to switch to a tipping model came down to revenue issues, not customer feedback.

"[It] was super heartbreaking to me. I wanted to make it work but it came down to either me or the business," said Cope, who owns Ritual, a restaurant in Vancouver's West End.

The restaurant paid its servers and kitchen staff a \$21 living wage when it opened in April until last Friday, when it changed to the conventional model of accepting tips.

Meanwhile, an Earls restaurant in Calgary launched a no-tipping model last week in favour of a 16 per cent hospitality charge.

Consumer opinion on the issue is split in Canada, with 46 per cent of respondents to the Angus Reid Institute poll reporting a preference

for tipping and 40 per cent responding in favour of a no-tipping model.

Time will tell whether the practice of tipping will continue in Canada, said Shachi Kurl, executive director at Angus Reid Institute.

"I think it is a bit of a wait-and-see to really gauge whether across the country Canadians are ready to embrace a no tipping way of eating out."

But Canadians do agree on one thing — the amount they tip falls between 10 and 20 per cent and the amount they tip does not change depending on service. Only 9 per cent of said they do so "often."

The idea that tip-

ents agreeing.

Cope said she is trying to remain true to her values — staff are paid more than minimum wage and together with tips, they earn a living wage.

"It's still very important for me to pay everyone fairly whether they are front-of-house or back-of-house," she said.

"We're not paying minimum wage either. I'm doing what I can do."



ping is no longer about showing appreciation for good service is the strongest in B.C., with 71 per cent of respond-

ISTOCK

LOUISIANA

Three arrested in plot to kill police

Police arrested three suspects and were seeking a possible fourth suspect accused of stealing several handguns as part of what authorities Tuesday described as “substantial, credible threat” to harm police officers in the Baton Rouge area.

The arrests come at a time of heightened tensions after the deadly police shootings of black men in Baton Rouge and Minnesota and the killing of five police officers in Dallas last week.

Authorities in Baton Rouge discovered the alleged plot while responding to a burglary at a pawn shop early Saturday morning. Baton Rouge police Chief Carl Dabadie said in a press conference. The first suspect arrested told police that “the reason the burglary was being done was to harm police officers.”

“We have been questioned repeatedly over the last several days about our show of force and why we have the tactics that we have. Well, this is the reason, because we had credible threats against the lives of law enforcement in this city,” he said.

Authorities said they arrested one suspect at the pawn shop and tracked down two others. The third suspect arrested was a 13-old boy who was apprehended on a street. They called on the fourth suspect to turn himself in.

Police didn’t immediately release the names of the suspects but said they all are from Baton Rouge and all are black.

A week after 37-year-old Alton Sterling was shot and killed by two white police officers in Baton Rouge outside a convenience store, tension are high in the city. While protesters demand justice for Sterling, the shootings in Dallas last week and other attacks on police around the country have put the police on edge. THE ASSOCIATED PRESS

IN BRIEF

Yale worker destroys window depicting slaves

A former Yale University worker facing criminal charges for destroying a stained-glass window depicting slaves in a cotton field said that he should not have done it, but he found the image disturbing. Corey Menafee used a broomstick last month to break the window, which has been the target of protests because it is named for former Vice-President John C. Calhoun, a defender of slavery. THE ASSOCIATED PRESS

Obama pays tribute to slain Dallas officers

TEXAS

‘We are not as divided as we seem,’ president says

President Barack Obama urged Americans rattled by a week of violence and protests to find “open hearts” and new empathy Tuesday in a speech that saw-sawed between honouring police officers for their bravery and decrying racial prejudice that can affect their work.

Obama stood next to five

empty chairs for the white police officers killed last week by a black man seeking vengeance for police killings. Behind him, underscoring his message of unity: Dallas police officers, a racially diverse church choir and local officials who ranged from black Police Chief David Brown to former President George W. Bush, a Dallas resident.

Obama sought to reassure the nation that he understands the impact of the unsettling events of the past week — including the killing of two black men by white police officers as well as the Dallas attacks.

Disturbing videos of the events



U.S. President Barack Obama speaks during a memorial service for the victims of the Dallas police shooting. AFP/GETTY IMAGES

have “left us wounded and angry and hurt,” he said.

“It is as if the deepest fault lines of our democracy have suddenly been exposed, perhaps

even widened.”

Undaunted, the president urged Americans to cast aside such doubt and replace it with faith in the nation’s institutions

and progress.

“Dallas, I’m here to say we must reject such despair. I’m here to insist that we are not as divided as we seem. And I know that because I know America. I know how far we’ve come against impossible odds,” he said.

The president spoke steps away from the chairs left empty for the five men killed last Thursday while protecting hundreds of people protesting the killings of black men in Louisiana and Minnesota.

The Army veteran killed by police after the Dallas attack said he was motivated by revenge.

THE ASSOCIATED PRESS



Democratic presidential candidate Hillary Clinton and Sen. Bernie Sanders wave to supporters Tuesday during a rally in Portsmouth, N.H., where Sanders endorsed Clinton for president. ANDREW HARNIK/THE ASSOCIATED PRESS

‘Far and away the best’: Sanders endorses Clinton

With hugs and handshakes, Bernie Sanders endorsed Hillary Clinton for president on Tuesday and emphatically told his supporters their “political revolution” must now turn to electing his Democratic former rival.

Sanders bestowed his long-awaited support before a boisterous New Hampshire crowd, declaring he wanted to make it “as clear as possible as to why I am endorsing Hillary Clinton.” He vowed to do everything he could to help her defeat Republican candidate Donald Trump. “This campaign is about the

needs of the American people and addressing the very serious crises that we face,” Sanders said. He added: “And there is no doubt in my mind that, as we head into November, Hillary Clinton is far and away the best candidate to do that.”

As Sanders delivered the endorsement just two weeks shy of the Democratic National Convention in Philadelphia, Clinton offered a huge smile, embracing him as they raised their arms in unity. The former secretary of state said the final four months of the campaign

would be “much more enjoyable” working alongside Sanders and echoed her campaign slogan, “We are stronger together.”

During much of her remarks, Clinton embraced many of Sanders’ causes, vowing to oppose trade deals like the Trans-Pacific Partnership, fight to raise the minimum wage and overhaul the campaign finance system.

Democrats have coalesced around Clinton’s candidacy since she defeated Sanders in primaries last month in California and five other states, helped along by endorsements from President

Barack Obama, Vice-President Joe Biden and others. In a high-profile rally last month, Clinton was embraced by Massachusetts Sen. Elizabeth Warren, a liberal stalwart popular with Sanders’ followers.

“It’s like he’s giving up if he endorses her,” said Steve Rand, a hardware store owner from Plymouth, New Hampshire, before the two candidates took the stage. “She stands for everything that I am against.”

But James LePage, a 25-year-old teacher from Denver who attended the rally, said he felt

Clinton was “genuine” in her remarks.

“I heard a lot of Bernie in her voice, which I wasn’t willing to listen to before,” LePage said.

A new GenForward poll of adults aged 18 to 30 found that Clinton was struggling to make inroads among young Americans who overwhelmingly supported Sanders. The poll found a majority of the nation’s younger blacks and Asian-Americans have a favourable impression of Clinton, but she struggles with whites and Hispanics.

THE ASSOCIATED PRESS

Canada still a grey area for viral game

POKÉMON GO

Players have lost gaming privileges, reports say

Genna Buck
Metro Canada



Never mind the risks of wandering into traffic, getting arrested for trespassing or even stumbling upon a dead body. What Canadian Pokémon GO users are most afraid of is getting banned from the viral new virtual-reality game.

There are unconfirmed reports of Canadian players having their accounts locked or gaming privileges revoked on the mobile app. Neither the developer, Niantic, nor the publisher, Nintendo, has commented about the rumours publicly.

Pokémon GO has not been officially released in Canada,

but that hasn't stopped die-hard fans. They've accessed it on iPhones by opening an American iTunes store account or on Android phones by downloading pirated versions of the program.

Neither option is endorsed by the company. But using Android application (APK) files from questionable Internet sites, called "sideloading," comes with the additional risk of picking up nasty malware that could steal personal information.

But can Nintendo really see if you're playing pirated Pokémon GO on your phone, and reach in and stop you?

Though this hasn't been confirmed, it's totally possible and no hacking would be required, says web developer and coding instructor Ryan Christiani of Toronto's Hacker U.

"It's not released in Canada yet, so anybody with a Canadian-registered device would automatically be flagged, I assume. And if (GPS shows) your activity is in a region of the world that is not part of the

+ IN CANADA

The app is only available in the U.S., New Zealand and Australia. The Canadian release has been delayed because so many people have piled into the game that they have overwhelmed the company's servers.

release, that's another way they could tell," Christiani said.

The only obstacle for Canadians who are hell-bent on playing Pokémon GO right now is getting the app onto their phones, Christiani explained. Once it's downloaded, they can log in with a Pokémon or Google account and start chasing critters around the neighbourhood.

Pirated versions are not fakes. Canadian players are using the company's servers, which is why Niantic is free to lock people out if they violate its terms of service.



Pokémon GO has not been officially released in Canada, but that hasn't stopped diehard fans. TORSTAR NEWS SERVICE

EFFECTS

Good and bad aspects

Pokémon GO, in some cases, is bringing communities together, but in other cases it is getting some people in real trouble. Here are some of the effects the game is having across the country.

1 Ottawa — The game tempted hordes of would-be Pokémon masters into the downtown core on Tuesday, despite the heat, causing them to discover new restaurants, bars, parks and the country's seat of power. "Guys I'm not sure I've ever been to Parliament before," exclaimed Ottawa resident Liyana Sun when hunting on the Hill, quickly followed by, "There's an Abra nearby!"

2 Calgary — An officer gave a group of kids, aged 12 to 14, found wandering around a construction yard some strong words of advice about trespassing, and let them GO on their way. METRO



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Everyone from adults to young children are playing Pokémon GO. TORSTAR NEWS SERVICE

REACTION

Canadian fans losing patience

Canadian Pokémon fans (or Pokémaniacs or Pokéholics, depending on who you ask) are past patiently waiting for the new augmented-reality app Pokémon GO. On social media they're crowing at Nintendo and Niantic to hurry up and get the game to the Great White North.

"(I'm) losing my mind," said Mike McDonald of Hamilton in a tweet to Metro. "I check Twitter and the App Store every

five minutes," echoed Isaac Hatcher of Whitby, Ont.

But unlike many bandwagon-jumping events of the past, there hasn't been much hostility towards newcomers from diehard, long-time superfans.

"I love that people are into Pokémon again," McDonald said. The welcoming attitude may be a result of how widely beloved Pokémon was during its heyday in the 1990s and

early 2000s.

"I think every millennial wants to try Pokémon GO at least a little bit," said Samantha Emann, Metro's resident video game expert and co-host of the e-sports podcast Scrub League. "Pokémon hipsters are not a thing. Everybody was into it. Even if you weren't into it, you knew about it." GENNA BUCK/METRO



Follow Samantha Emann on Twitter @smemann



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ROSEMARY WESTWOOD ON BLACK LIVES MATTER'S GRACE

Coverage of the group has revolved not around the issues. It's revolved around how white mainstream Canada feels implicated. So in every exchange with the press, the movement's leaders have been forced to defend their existence.

Toronto's Black Lives Matter organizers often talk of playing the long game, as if standing on some high vantage point from which a future vista can be glimpsed. For Rodney Diverlus — a frequent spokesperson — that vista is free of anti-black racism, and devoid of a militarized police. The long game, he says, offers sustained motivation. The long game may even serve to temper expectations, when events like the Dallas massacre of five police officers upends a conversation about violence against black people, and fuels a counter-narrative of police under attack. From the outside, the long game seems like a survival mechanism. From the outside, it's seems to give the Toronto chapters its signature, striking elegance.

Last week was a tumultuous one for the group, which has agitated for Canada's biggest city to recognize and dismantle systemic racism, most notably in policing, for the past two years. There was the distress of two police shootings of black men almost back-to-back in the U.S., followed by Dallas. Before all three events, the group had whipped up a Canadian controversy when they halted the July 3 Toronto Pride parade for 30 minutes. They unveiled nine demands for organizers, all focused on black and racial-minority visibility and support at the event, except for one, which called for an end to police parade floats.

Predictably and swiftly, the

BLM's tactics offend our Canadian gentility, and its premise underlines a pervasive racism we do not wish to see

press pounced and, mostly ignoring the eight demands, went for the jugular on the ninth. Mainstream outlets of supposedly conflicting political stripes struck a homogenous tone: Black Lives Matter was rude, a bunch of bullies, the antithesis of Pride's inclusivity. There was a widespread suspicion of their tactics, a general agreement that the group had only

Racism in Canada — against black people, indigenous people, Chinese people, and on and on — is not exactly splashy. Having tinted our entire culture like a dye, lacking the explosive, Jackson Pollock pigment patterns found in America, it allows many of us the option of ignoring it.

Thus, from the start, the coverage of Black Lives Mat-



GRACE UNDER FIRE Rodney Diverlus of Black Lives Matter Toronto speaks at a news conference on July 7. 

hindered its own cause. By the time media began publishing a lesser number of alternate reactions — suggesting such knee-jerk condemnation revealed a willful misreading of the deeply political nature of Pride events — the tone had been set. Black Lives Matter was the bad guy. As it's been from its inception, for fairly simple reasons.

The group is an affront to Canadian society on two levels: Its tactics offend our Canadian gentility (How rude! They held up a parade! And they didn't even ask first!) and its premise underlines a pervasive racism we do not wish to see (What are they complaining about? We're all friends here!).

ter protests (shutting down a major Toronto road; camping outside police headquarters) has revolved not around the issues that spawned them, like black incarceration rates, poverty rates and education rates. It's revolved around how white mainstream Canada feels uncomfortably implicated.

In every exchange with the press, the movement's leaders have been forced to defend their existence in the same breath as they advocate for change. Surly a tiresome task, but Black Lives Matter spokespeople rarely show it. And last week especially, in the face of a maelstrom of tone-deaf condemnations from the press, its leaders were unflappable.



Parents should make most of Pokémon Go



Catherine Little

It has been eight years since Pokémon fever raged at my house, so I was intrigued to hear about Pokémon Go, the incredibly popular augmented-reality smartphone game.

The idea is to use your phone's GPS to go to real places and "catch" virtual Pokémon. I have read a few articles describing the dangerous situations players have found themselves. And on Monday, I saw a segment of the CTV show *The Social* in which the hosts despaired for the future of humanity because people were wasting their time trying to become Pokémon Masters.

So far I've heard nothing about the game's potential learning opportunities. As a mom and teacher, I can tell you if we could harness and utilize the power of Pokémon, we would be able to reach a lot of children we might characterize as reluctant learners.

When Pokémon became the "big thing" at my son's school he was 6 and he wanted to collect the cards. I recalled that when my younger brother was interested in Pokémon, the cards were used to play a game, so I taught myself how to play. In addition to understanding my son's interest, I realized I could use it to help him learn to read.

I was right. Because he was highly motivated to learn the strengths and weaknesses of each character, it took him mere weeks to figure out how to decode the information on the cards. He also practiced basic addition and subtraction, which enabled him to track characters' health

points. Most importantly, he used higher-order thinking skills to build winning decks, wherein each of 60 cards complemented the others.

Eventually, we attended events and tournaments and met an incredibly friendly community. Experienced players were happy to mentor my son and share their knowledge and resources. I noticed that the best players were very smart but not necessarily motivated at school.

So far, Pokémon Go has been blamed for being so distracting that players are hurting themselves and neglecting their real-life relationships, but I see learning potential in this game too. Parents could use it to teach mapping and responsible use of GPS, as well as financial-literacy (e.g., how to manage the limits of a mobile-data plan). Parents can help their children learn to balance the game with their other responsibilities and teach them when it might be inappropriate to play.

Finally, this game requires players to go outdoors. Early reports are that it has been very successful in motivating people who might spend most of their time inside in front of a screen to explore ravines, parks and other natural areas. As a former outdoor education program co-ordinator, I know this is an important first step. So instead of fighting against it, it might be worth investigating how to leverage the teaching potential of something players find so highly motivating.

Catherine Little is an educator and consultant who writes about parenting, education and diversity

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Jamie Oliver's food emergency

EXCLUSIVE Q&A

Celeb chef on meatless Mondays and cheering on 'wonky veg'

Melita Kuburas
Metro | Canada



Food activism is a priority for celebrity chef Jamie Oliver.

Recently, he has made an effort to cut his meat consumption to less than three times a week, Oliver tells Metro in an email interview. He is also excited to see U.K. grocery stores selling "wonky veg" (or "ugly" produce, as it's known in North America) to reduce food waste and make fresh ingredients cheaper and more accessible.

We chatted with Oliver, who just opened his second Jamie's Italian location in Canada at Square One shopping centre in Mississauga, Ont., about his passion as he eyes expanding the restaurant across Canada.

Your first North American restaurant opened in Toronto last year and now we're getting a second. What have you learned about the scene here?

I think people in Greater Toronto are very savvy when it comes to food — they love the idea of being in a comfortable and casual environment, but really see the value in what we do. I think they definitely appreciate the sourcing behind and the quality of the ingredients we use, and at the same time, love the simple style of our food and the accessible environment.

You have been a big supporter of

getting children to eat healthier through school programs like Feed Me Better. What did you learn?

OK, it's been over 10 years since the first School Dinners campaign so I've learnt a lot, but I guess one of the most important things is that, in general, kids love to have ownership over the food they eat. Getting them involved in growing and cooking from an early age, will mean that they're much more likely to eat a wide range of foods as an adult. In the U.K., we have the Kitchen Garden Project, which helps schools to create kitchen gardens — the children look after, nurture and grow food, and go on to use their produce in a whole variety of lessons. They end up cooking and eating all kinds of fantastic food — it's inspiring to see.

What do you see as the next big cause you would like to throw your support for?

The current campaign, which is the global Food Revolution to tackle the worldwide problems of obesity and diet-related disease, is very long-term and I have no doubt that I'll still be working on it when I'm 90. We're at a point in history where we absolutely have to take urgent measures to help people all over the world to feed themselves better and keep themselves healthy. So there's one big campaign that is my focus now and for the foreseeable future.

What environmental issues do you see as being pivotal to ensuring the continued availability of affordable healthy food around the world?

I think one of the main issues is meat consumption. I'm a carnivore, but I've cut down considerably and now I probably only eat meat two or three times a week. I've ramped up my veggie meals in the last few

years — it started with Meat Free Monday, and expanded from there — not only does it make me feel better, but also it's better for the planet.

A lot of studies have shown there is a "grocery gap" in urban centres with healthy food being more difficult to get in some neighbourhoods. What do you see as the biggest barrier to healthy eating for urbanites?

Yes, this is a real problem in cities, and it's one of the many areas where I think governments and retailers can make a real difference in ensuring that customers on all budgets have access to fresh vegetables and fruit. In the U.K., one of our supermarkets started selling "wonky veg" — that's perfectly good veg which would otherwise be thrown away before it gets to the shops because it's not quite perfect — and that's an exciting development. Until we make fresh ingredients more affordable and accessible, we're not going to be able to properly solve our issues with diet-related disease.

What will be your favourites on the menu at the new Jamie's Italian?

You've got to try our organic pork chop from Du Breton, a third generation family run business — it's super-juicy and incredibly tasty! One of my all-time Jamie's Italian favourites is the Turkey Milanese, made with oozy fontina cheese from the Val de Aosta and San Daniele prosciutto. I'm also a big fan of the Super food salad — with a little bit of everything, from lentils, seeds and pops of pomegranate, to creamy avocado and a hit of harissa, it's jam-packed full of goodness.

We're at a point in history where we have to take urgent measures to help people all over the world to feed themselves better.

Jamie Oliver



Jamie Oliver's second restaurant in North America opened in the Greater Toronto Area, and he's eyeing an expansion across Canada. CONTRIBUTED

SCIENCE

New study finds sharing food boosts trust across the board



Breaking bread, or pizza, together really does lead to other kinds of sharing, like exchanging ideas. ISTOCK

New research from the University of Chicago suggests when people eat the same food, they're more likely to co-operate and even trust a product testimonial more.

"When people eat the same food, they feel closer and then are more trusting," said Kaitlin Woolley, co-author of the study and a PhD candidate in behavioural science at the University of Chicago Booth School of Business.

The study — A recipe for friendship: Similar food consumption promotes trust and co-operation — was published online in the Journal of Consum-

er Psychology in June. It consists of four smaller studies carried out between 2013 and 2016 by Woolley and her co-author Ayelet Fishbach, a professor of behavioural science and marketing at the Booth School of Business.

In one experiment, they paired 176 students together and gave them bowls of candy. Half were told to eat the same candy and the other half told to eat different candies. Participants then played a trust game in which one person was assigned the role of fund manager and the other was assigned the role of in-

vestor. Those who ate the same candy invested more money than those who ate different candy.

In another experiment, 124 students were paired up and assigned the roles of either union leader or manager and told to negotiate wages. For half the teams, the two participants ate the same three snacks and for the other half, the two ate different snacks. Those who ate the same food came to a resolution in 3.63 strike rounds, twice as fast as dissimilar eaters.

Laura Cavanagh, a professor of behavioural sciences at Seneca

College who was not involved in the study, said the results make sense evolutionarily.

"We use a lot of mental shortcuts when deciding who to trust and not to trust," she said. "We're using the animal instincts in the back of the mind ... I know that (the food) is safe, I know that you're safe."

Cavanagh said humans' ability to process information quickly and navigate social situations has allowed our species to thrive, but these subconscious instincts could also leave us vulnerable to manipulation. TORSTAR NEWS SERVICE

RECIPE

Safe-to-eat cookie dough

Lovers of raw cookie dough, don't despair.

The U.S. Food and Drug Administration recently had to remind everyone to not indulge in this favourite unbaked treat after General Mills recalled 10 million pounds of flour containing a strain of E. coli, which gave dozens of people food poisoning.

The uncooked eggs in cookie dough have always presented a risk of salmonella, although a low one thanks to pasteurization. Health Canada recommends against eating raw cookie dough for this reason. Now we're told that eating uncooked flour can also lead to illness. This is because flour isn't heat- or pressure-treated to kill bacteria during the production process.

A quick online search for raw cookie dough recipes yields many eggless recipes but many contain raw flour. So as purveyors of everything delicious we feel the need to make a more updated cookie dough recipe that's actually safe to eat.

We took out the eggs and played with flour replacements. We settled on grinding rolled oats in a spice/coffee grinder to a fine powder; they have the most neutral flavour, and gave the dough a similar consistency to regular



This recipe makes two servings. TORSTAR NEWS SERVICE

cookie dough. But can this dough be baked? Out of curiosity we took heaping teaspoons of the dough and baked them on a lined baking sheet for 15 minutes at 350F (175C); then let them cool to room temperature. The cookies turned out flat since there's no leavening agent but they come out crispy and gooey, so if you like that it's a two in one.

Classic chocolate chip cookie dough

Ingredients:

- 1/4 cup (60 mL) room temperature unsalted butter
- 3 tbsp (45 mL) granulated sugar
- 1/4 cup (60 mL) brown sugar

- 1/2 tsp (2 mL) vanilla extract
- 1 tbsp (15 mL) milk
- 1/4 tsp (1 mL) kosher salt
- 3/4 cup (160 mL) finely ground rolled oats
- 1/4 cup (60 mL) semisweet chocolate chips

Directions:

1. In a medium mixing bowl, mix butter and sugars with rubber spatula until smooth.

2. Add vanilla, milk and salt. Mix until well-incorporated. Fold in ground oats and chocolate chips until smooth. Serve immediately or refrigerate for a stiffer texture.

TORSTAR NEWS SERVICE



ROSE REISMAN THE SAVVY EATER

THIS WEEK: Fast food

Summer road trips often mean fast food, so choose wisely. Salads are not always what they seem to be!

PICK THIS

Wendy's Ultimate Chicken Grill Sandwich

Calories 380
Fat 8g
Sodium 1010mg



SKIP THIS

Wendy's Taco Supremo Salad

Calories 700
Fat 37g
Sodium 1790mg



HERE'S WHY



Equivalent to 6 pieces of KFC Original Recipe Chicken Breasts

If you're skipping the burger for a perceived healthier alternative such as a salad, make sure to take a closer look. Wendy's Taco Supremo Salad does as much damage as their Son of Baconator double cheese and bacon burger. Their Ultimate Chicken Grill Sandwich is a filling yet lighter choice, shaving off over half the calories and 4.5 times the fat.

LIQUID ASSETS

Toast history with Moosehead

Like elsewhere across Canada, New Brunswick is having a beer renaissance. I just spent some time in the Picture Province and had a chance to try their impressive brews, from traditional ales made by the Picaroons and Pump House breweries to

Belgian-influenced beers produced in northern New Brunswick by Les Brasseurs du Petit-Sault. With the spotlight trained on the craftier side of N.B., it's easy to forget about Moosehead, arguably Canada's original artisan brewery. Preparing to celebrate its 150th anniversary in 2017,

Moosehead is the oldest independent brewery in the country. Moosehead Lager (473ml, \$2.30-\$3.49) is a local classic available across the country. PETER ROCKWELL/METRO



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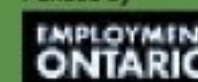
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Maggie Gyllenhaal says when she was reading *Anna Karenina* for an audiobook her "brain was being exercised." GETTY IMAGES

Anna Karenina opened Gyllenhaal's eyes to art

INTERVIEW

Star was 'more engaged with life' while reading audiobook

One of Maggie Gyllenhaal's favourite books is *Anna Karenina*. So when she was asked to read the classic novel out loud for an audiobook, she didn't hesitate.

"I thought, 'This will be amazing. I'll just sit in a room and re-read *Anna Karenina* out loud,'" Gyllenhaal recalled. "I just loved the book so much I thought, 'Yes, let's try and do it.'"

Cold, hard reality set in after her first recording session. Leo Tolstoy's masterpiece is over 1,000 pages and extremely complicated.

"A sentence will begin in one place and end really somewhere else. I couldn't cold read it. It just wasn't possible," said the star of *Crazy*

Heart and *The Dark Knight*.

So Gyllenhaal realized she'd have to do homework and put in long hours at the studio. The result is a moving and dramatic version, available Tuesday by audio seller and producer Audible Inc.

"It was amazing. I learned things about myself from reading the book in the way that I think a lot of people learn things about themselves from reading the book, whether its aloud or to yourself.

book in lower Manhattan over the winter while her husband, Peter Sarsgaard, was filming a movie in Paris.

The plan originally was for 10 six-hour sessions, but it turned into 30 four-hour sessions.

She prepared for each one by reading a different translation of *Anna Karenina* the night before, trying to stay 50 to 100 pages ahead so she could anticipate what came next in the recording studio.

"There were days when I

remember gasping at something I hadn't remembered."

One thing Gyllenhaal refused to do was adopt Russian accents to enliven the masterpiece about love, betrayal and death among the elite in imperial Russia.

"My skill really is not doing voices. I don't know how to do that. That seems silly to me. At the same time, of course, you want to create a world for people.

"But my skill is basically finding a deep kind of empathy for whomever I'm playing — everything from their point of view. And *Anna Karenina* is the perfect book for that."

There was an added benefit: While she was reading the book, Gyllenhaal said she felt more engaged in life, going to three plays and an art exhibit.

"I found when I was reading the book that my brain was being exercised in the same way that when you're running a lot you all of a sudden feel the strength in your body."

THE ASSOCIATED PRESS

I learned different things about myself at 37 doing it than I learned when I was 25, which is also the mark of an amazing book. Maggie Gyllenhaal

"And I learned different things about myself at 37 doing it than I learned when I was 25, which is also the mark of an amazing book."

Gyllenhaal recorded the

got behind, but very few, because I found it was not really possible.

"There was one part when I got ahead of myself and I was cold reading in the room. I



JOHANNA SCHNELLER WHAT I'M WATCHING

What does UnREAL's Rachel want?

THE SHOW: *UnREAL*, Season 2, Episode 6 (Lifetime)

THE MOMENT: The bruise photos

Reality-TV producer Rachel (Shiri Appleby) lies on the floor of the wardrobe trailer, shaken. Her ex-boyfriend Jeremy (Josh Kelly) has just grabbed her arm and hit her in the face. Her boss Chet (Craig Bierko) threw Jeremy out.

"Jeremy can't get away with this," Rachel says. "He didn't, I fired him," Chet replies.

"Well, I'm going to go to the police," Rachel says. "I'm not going to be another silent woman."

"You sure you want to do that to Jeremy?" Chet asks. "You sure you want to do that to us? Jeremy knows where all the bodies are buried around here."

"Did you see what he did?" Rachel protests.

"Yeah," Chet says. "But it's our word against his, and if he talks — this has to stay in the family."

Rachel seems to accede. But

when Chet leaves, she photographs her bruises with her phone.

As we saw in Season 1, Rachel is a complex cookie. Super-smart, she knows how to manipulate people, but she's also mentally unstable, an emotional grenade with a loose pin.

The fun of this show is the conundrum — how low would you go if that was your job?

At this point, though, what Rachel wants is utterly unclear. It's one thing to ricochet between sabotaging your show

and yourself across a season. Now she's doing that several times per episode.

So a few scenes later, when she deletes the bruise photos from her phone, we're supposed to be yelling "No!" at the TV.

But I'm wondering, "So soon?"

And, "Am I still rooting for her?"

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Rachel is a complex character, but it's unclear what her end game is in *UnREAL*. CONTRIBUTED

GOSSIP BRIEFS

Diversity buzz surrounds Emmy Awards

In contrast to the Academy Awards, slammed for overwhelming whiteness, the 68th Emmy nominations to be announced Thursday could play to TV's strength, its relative willingness to give more viewpoints and more people, including minorities and women, a seat at the table.

Black-ish, Roots, Fresh Off the Boat and other shows

vying for recognition make the point. The hit sitcom "black-ish," which has masterfully teased insight and humour out of troubling issues including police brutality and the casually used N-word, is poised to have a breakout showing for its sophomore season.

Anthony Anderson, seen above, who received the



show's sole 2015 nod as lead comedy actor, should expect a second and, this time, be joined by his worthy leading lady, Tracee Ellis Ross.

The show itself, from creator Kenya Barris, is in the hunt for top comedy honours.

"I think it's going to have a major (Emmy) presence," said Tom O'Neil, editor and president of the Gold Derby

awards handicapping website. "It's critically respected, it has a strong viewer base and it's about diversity at a time that's a pressing issue across Hollywood."

THE ASSOCIATED PRESS

Paltrow, Kutcher to speak at Airbnb event in L.A.

Gwyneth Paltrow, Ashton Kutcher and Eat Pray Love author Elizabeth Gilbert are scheduled to speak in November at a three-day event

sponsored by Airbnb in Los Angeles.

Last year, the Airbnb Open drew 5,000 Airbnb hosts from 110 countries.

The event, scheduled Nov. 17-19, will be the company's third annual gathering. The company says it's expanding the scope of the Open to welcome hosts and guests

who use Airbnb as well as locals from Los Angeles. The forum is designed to explore the future of travel and hospitality, including topics

like making connections and tips for successful hosting.

Kutcher is an investor in Airbnb and a number of other tech startups. Paltrow has stayed in glamorous high-end Airbnbs while travelling.

THE ASSOCIATED PRESS





It pays to sweat the details



REVIEW

New Prius a study in hybrid dedication

Mike Goetz
For Metro Canada



As the first mass-produced hybrid, and going it alone for a good stretch, the Toyota Prius went on to become the face of hybrid-vehicle technology.

Well, with the introduction of the new-generation version for model year 2016, the face is no longer the loveable and benign one we've come to expect from the Prius — not quite mean, but there is a definite smirk.

But that is all in keeping with Toyota's new plans for the Prius: to make it more engaging to drive and look at, and make it more appealing to a broader range of buyers — not just the crowd that lives for maximizing fuel economy — and has the spreadsheet and clipboard to prove it.

Our Prius test vehicle was the top-shelf Touring model, which comes with a lithium ion battery pack. Base models come with a nickel-metal hydride battery (as did all previous-generation Prius models). Battery packs have been relocated to under the rear seats, which opens up more cargo room.

The new Prius is based on a new platform, which is more low-slung than the previous one, and a lot stiffer and lighter, so

it feels great on the road.

The 121 net horsepower is not going to enact enough G-forces to contort your face under acceleration and/or cornering, but the overall refinement level of the powertrain, combined with good torque from both power units, make it very satisfying.

The cabin is still about broadcasting and enabling the hybrid experience, with lots of information disseminated on the drive train and real time fuel efficiency. But this time around, Toyota gave the Prius a bump up in interior aesthetics. Highlights include a wide, wrap-around instrument panel, and an available premium white ornamentation in the lower sections of the cabin, which is reminiscent of fine-bone china.

The Prius has a special role within Toyota — to push the envelope on efficiency and low emission technologies, and then share this expertise with the others. And it continues to show the way with the new 2016 model, through such tech as:

- S-flow air conditioning, which automatically focuses airflow only to areas where people are seated to save energy.
- Electric motor-generators, transaxle, power control unit, and hybrid batteries that are all smaller, lighter and more efficient than their predecessors.
- A 1.8-litre gas engine, which achieves a ground-breaking thermal efficiency of 40 per cent.

Don't worry if this doesn't excite you, as it might with the boys on The Big Bang Theory. You just need to know that Toyota sweated the details, and you'll notice.

THE CHECKLIST | 2016 TOYOTA PRIUS

THE BASICS

- **Type.** Five-door, FWD, compact hatchback
- **Power.** Hybrid, 1.8-litre 95-hp "Atkinson Cycle" I4, 60 kW electric motor generator system, 121 net horsepower
- **Transmission.** CVT
- **Base price (not including destination).** \$25,995



LOVE IT

- Wireless smart phone charging
- Toyota Safety Sense suite, which includes lane departure alert, pre-collision, and radar-enabled cruise control

LEAVE IT

- This "standard" Prius is just a bit small for an active family and all their stuff. You can see why Toyota introduced the V version, to give bigger families more elbow-room.

ALL PHOTOS MIKE GOETZ/FOR METRO



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REARVIEW
MONITOR

STEP UP TO A SENTRA
SV M6 WITH MOONROOF



1.8 SR
model shown*

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with Forward
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STEP UP TO ROGUE
SPECIAL EDITION SV FWD



SL AWD Premium
model shown*

ROGUE

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Platinum model shown*

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Better, faster, stronger

Porsche

New Panamera even speedier, more powerful

The new Porsche Panamera Turbo may have clocked a 7:38 Nurburgring lap time, but Porsche isn't done yet. According to Motor Trend, an even more powerful and faster Porsche Panamera is in the works, borrowing hybrid technology from the 918 Spyder. The German automaker did confirm at the 2017 Porsche Panamera's debut that two hybrid models are on the way, and one looks to pack around 700 horsepower. But before then, expect Porsche to add a more powerful Panamera Turbo S to the lineup, sporting around 580 hp. That also means the Porsche Panamera Turbo S will likely turn in an even faster Nurburgring time than the 7:38 from the Turbo model. Eventually, however, there will be a range-topping model to rule them all.

JASON SIU/AUTOGUIDE.COM



HANDOUT

WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com

JIL MCINTOSH/TORSTAR NEWS SERVICE



RAM TRUCK

Rebel Rebelle

The Rebel Rally is the first women's off-road navigation race in the U.S., and this year will be the first year of competition. Ram Truck announced its support of Arizona businesswomen Nena Barlow and Kande Jacobsen, providing a 2016 Ram Rebel truck for the two women to drive in the Rebel Rally. The event covers a highly secret route between Lake Tahoe and San Diego.

JASON SIU/AUTOGUIDE.COM



THE ASSOCIATED PRESS FILE

INNOVATION

Toyota patents more than the next guy

For the second year in a row, Toyota was issued more patents than any other automaker. The Intellectual Property Owners Association recently published data on 2015 patents, and Toyota is the only automaker listed among the top 20 on the IPO list. JASON SIU/AUTOGUIDE.COM

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David Ortiz's Red Sox jersey is the most popular this season, judging by sales on MLBShop.com between Jan. 1 and the All-Star Game

Shouldering no guarantees

MLB

Blue Jays look to preserve Sanchez's arm from injury

The Blue Jays' front office is still not sure what to do with Aaron Sanchez. Back in spring training, it seemed a foregone conclusion the 24-year-old right-hander would — at some point in the season's second half — be shifted to the bullpen to limit his innings and protect his arm from potential injury.

But now, that's up in the air. They are going to monitor Sanchez for signs of fatigue — one of the only pitching-injury predictors for which there is wide consensus — and adjust accordingly. If he doesn't show signs of wearing down, he may remain in the starting rotation through the rest of the year.

While it may seem haphazard, it's tough to blame the team for not having a concrete plan. Nobody knows how to guarantee a pitcher won't blow out his elbow or shoulder. Despite the best efforts of those who have dedicated much of their lives to researching the topic, there is still no definitive path to ensuring a pitcher's



The Blue Jays are monitoring all-star pitcher Aaron Sanchez for signs of fatigue. BERNARD WEIL/TORSTAR NEWS SERVICE

health.

We know a lot more now than we did 25 years ago — even a decade ago — but there's still plenty of finger-crossing guesswork.

The Jays are treating Sanchez with an abundance of caution because they are afraid he will break like so many have before him. More than a quarter of the pitchers in the big leagues right

now have had their ulnar collateral ligament reconstructed at least once via Tommy John surgery.

But do they know if Sanchez will be saved a similar fate? Absolutely not; others have been similarly coddled and still ended up on the operating table.

"There is no evidence that says a guy is going to stay healthy when you baby him,"

says Jeff Passan, baseball columnist at Yahoo! Sports and author of *The Arm*, an expansive and thorough investigation of baseball's pitcher-injury epidemic published earlier this year.

"There's just none."

Passan spent several years researching what the book's subtitle calls "the billion-dollar mystery of the most valuable commodity in sports," and

while he crafts a compelling narrative of the root causes, treatments and various attempts to solve the problem, he comes to no conclusive answer.

The Jays undertook their own in-depth study after enduring among the most pitcher injuries in baseball in 2012 and 2013. Since then, they have had among the fewest pitcher injuries in the game. They kept

OPERATIONS

The number of Tommy John surgeries this decade:

- 2016 — 11 (plus nine currently considering surgery)
- 2015 — 27
- 2014 — 31
- 2013 — 20
- 2012 — 36
- 2011 — 18
- 2010 — 17

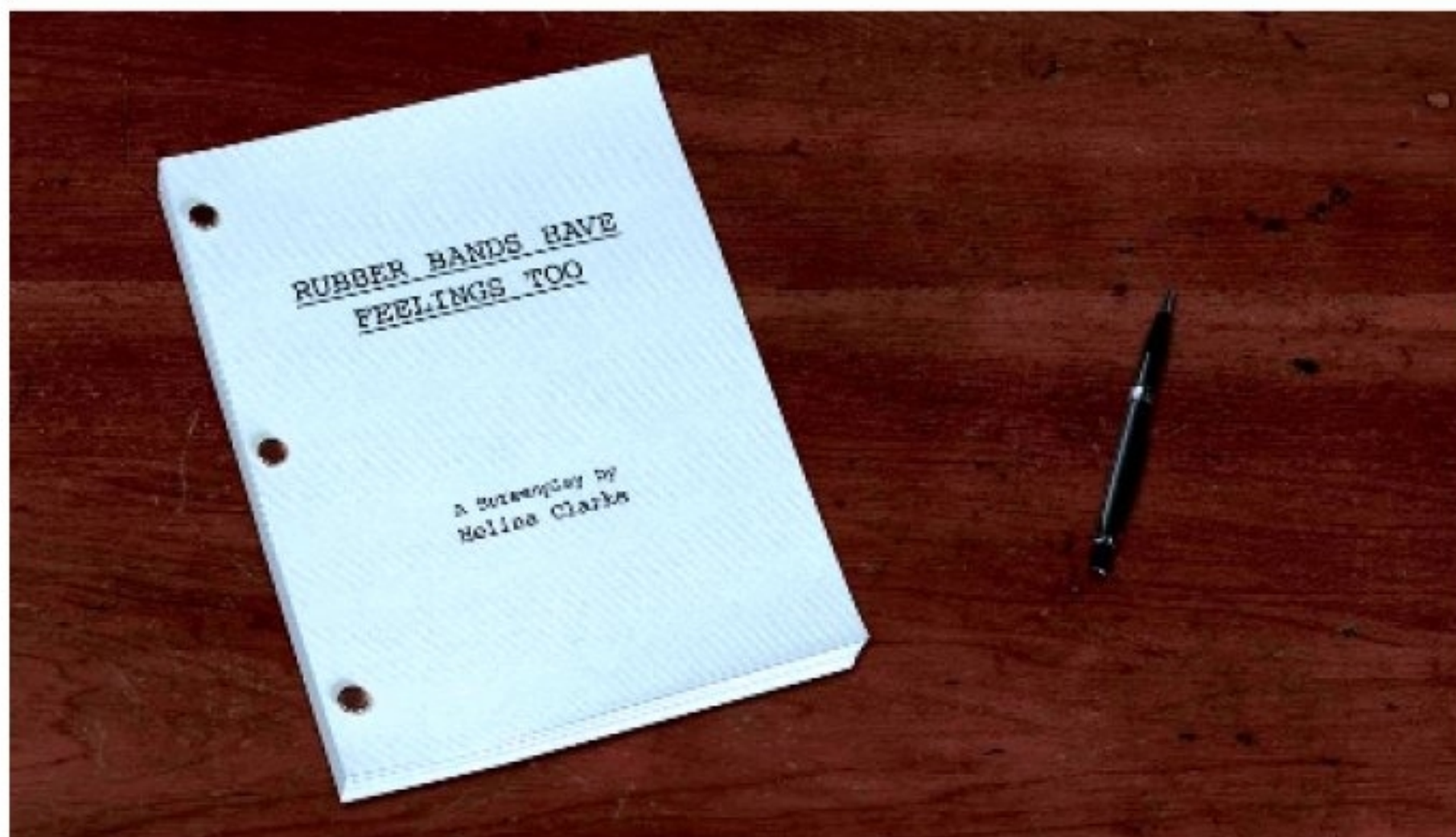
*Jon Roegel's Tommy John surgery database

the details of their study to themselves, of course.

MLB has an elbow-research advisory committee, which meets twice a year to discuss research in the field and fund the research of others.

"We're trying to move the knowledge forward about elbow injuries," says Glenn Fleisig, a member of the committee and the world's leading expert on the biomechanics of pitching.

Fleisig says that while teams do withhold certain information from each other, researchers are still collaborative. "The nature of medicine is that doctors and scientists share results." TORSTAR NEWS SERVICE



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MLB ALL-STAR GAME JAYS TAKE FLIGHT IN SAN DIEGO
Edwin Encarnacion and Josh Donaldson pose before the opening pitch of Tuesday night's All-Star Game in San Diego. Go to metronews.ca to see how the slugging pair and their teammates Aaron Sanchez and Michael Saunders fared in the Midsummer Classic. DENIS POROY/GETTY IMAGES

OPENING STATEMENT

Tenor trots out tone deaf O Canada

The Tenors changed some of the lyrics of O Canada as they made a political statement while singing the national anthem at Tuesday night's MLB all-star game.

The group based in British Columbia changed a line of the anthem during their on-field performance at Petco Park to "We're all brothers and sisters, all lives matter to the great."

One member of the four-man group held up a sign saying "All Lives Matter" while singing the altered lyrics. The words "United We Stand" were written on the back of the sign.

Although the audio wasn't crystal-clear at the park, many fans reacted with surprise. The



Remigio Pereira
GETTY IMAGES

Canadian anthem wasn't shown live on U.S. television, but it aired in Canada, where the Tenors' decision to change the words drew overwhelming criticism on social media.

The Tenors are Clifton Murray, Fraser Walters, Remigio Pereira and Victor Micallef.

On Tuesday evening, a message on the group's Twitter account said one of their members acted as a "lone wolf" and Pereira "will not be performing with The Tenors until further notice."

THE CANADIAN PRESS

Allowance for the unexpected

TRACK AND FIELD

Millionaire De Grasse plans for future, still drives an Accord

Andre De Grasse might be a wealthy young man, but he's not flashing diamond watches or living in a posh penthouse apartment.

The 21-year-old from Markham turned pro this season and signed a jaw-dropping \$11.25-million US deal with Puma in December. As an athlete's first pro contract coming out of college, it was the richest in track and field history.

With bonuses, De Grasse's multi-year Puma deal could be worth as much as \$30 million US.

But Canada's young sprint star, who says his meteoric rise up the global sprinting ranks has been a "whirlwind," is keeping a level head and thinking long-term. He knows he's one catastrophic injury — knock on wood — from being unemployed.

"I'm pretty young, and track is really a sport where you never know what's going to happen with injuries, and you don't get as much time," De Grasse said. "They say you might have a maximum of 10 years, so I've got to be smart with this. It's not like the NBA or baseball or hockey, where you can go out and spend as much money as you want."

Guided by his agent Paul



Andre De Grasse at the Canadian Olympic track trials on Sunday in Edmonton.
JASON FRANSON/THE CANADIAN PRESS

JASON FRANSON/THE CANADIAN PRESS

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Andre De Grasse spoke Monday, just moments after being named to his first Olympic team. He won the 100-metres at the Canadian Olympic trials with his first sub-10 second performance of the season, but wound up third in the 200 behind Brendon Rodney and Aaron Brown.

Doyle, his earnings are either tucked away in the bank, or funnelled into investments. He receives a monthly allowance and budgets accordingly.

"Every month when his paycheque comes in, and we send it to him, he asks me 'How much of it has to go into the tax account?'"

How much has to go into my investment account? How much do I have in my spending account?"

"We really limit his spending account to the minimum, what he actually needs," added Doyle, who's based in Atlanta. "I've drawn it out for him, and said 'At the end of your career, if you're in this for 10 years, you're going to be able to walk away and be completely retired and have a lot of money in the bank.'"

"Whereas if you spend, and buy expensive cars, expensive clothes, things like that, you're not going to have nearly as much."

De Grasse still drives a Honda Accord, his one major purchase since turning pro, but is considering buying a Tesla next year.

"It's good for the environment, and it's fast," he said of the electric car. "I really like the car, I actually did a test drive the other day."

De Grasse has ridden a meteoric rise up the global sprint rankings, and not only officially clinched a spot on his first ever Olympic team Saturday, but should challenge for a medal against sprinting's big guns in Rio.

"It's been a whirlwind," he said. "I didn't expect to be in this position right now, making my first Olympic team, it's a dream come true for me, I just want to keep that momentum going towards Rio, and make myself proud, and this country."

"I'll be ready to run the race of a lifetime." THE CANADIAN PRESS

IN BRIEF

Big Brock rockets to No. 8
Brock Lesnar has entered the UFC heavyweight rankings at No. 8 after beating Mark Hunt in his first MMA fight since December 2011 on Saturday night at UFC 200 in Las Vegas.

THE ASSOCIATED PRESS

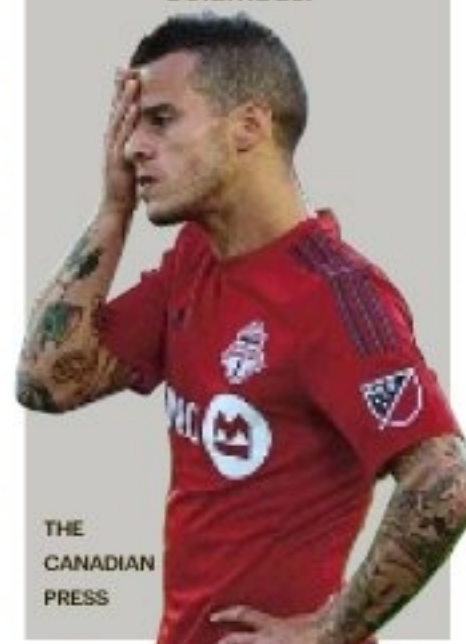
TFC, Perquis part ways
Toronto FC and defender Damien Perquis have parted ways.

The club said in a statement Tuesday night that they "mutually agreed to terminate the defender's contract." THE CANADIAN PRESS



Things will fall in because he's extraordinarily talented.

Toronto FC coach Greg Vanney on Sebastian Giovinco who hasn't scored in seven MLS games going into tonight's match in Columbus.



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RECIPE Basil Avocado Salsa Chicken



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Pair thin pieces of chicken with this easy salsa full of simple, fresh ingredients and you have dinner perfection.

Ready in
Prep time: 20 minutes
Cook time: 15 minutes

Ingredients

- 4 boneless, skinless chicken breast
- kosher salt
- pepper
- 2 tps olive oil
- 1/2 cup diced red onion
- about 12 cherry tomatoes, halved
- 1/2 cup diced cucumber
- 1/4 cup chopped fresh basil, plus more for garnish
- 1 1/2 tbsp lemon juice
- 1/2 tsp salt
- 3 large, ripe avocados, diced

Directions

1. Place chicken between two pieces of plastic wrap or inside a plastic bag; pound chicken to about 1/4 inch thick using a mallet or rolling pin. Season with salt and pepper.
2. In a large bowl, toss onion, tomatoes, cucumber, basil, lemon juice and salt. Gently mix in avocado.
3. In a large cast iron skillet over medium heat, warm 1 tsp oil and add two chicken breasts and cook through, about 4 minutes on each side. Transfer to a plate and repeat with the last two breasts.
4. Serve chicken with salsa, drizzle olive oil and sprinkle of chopped basil.

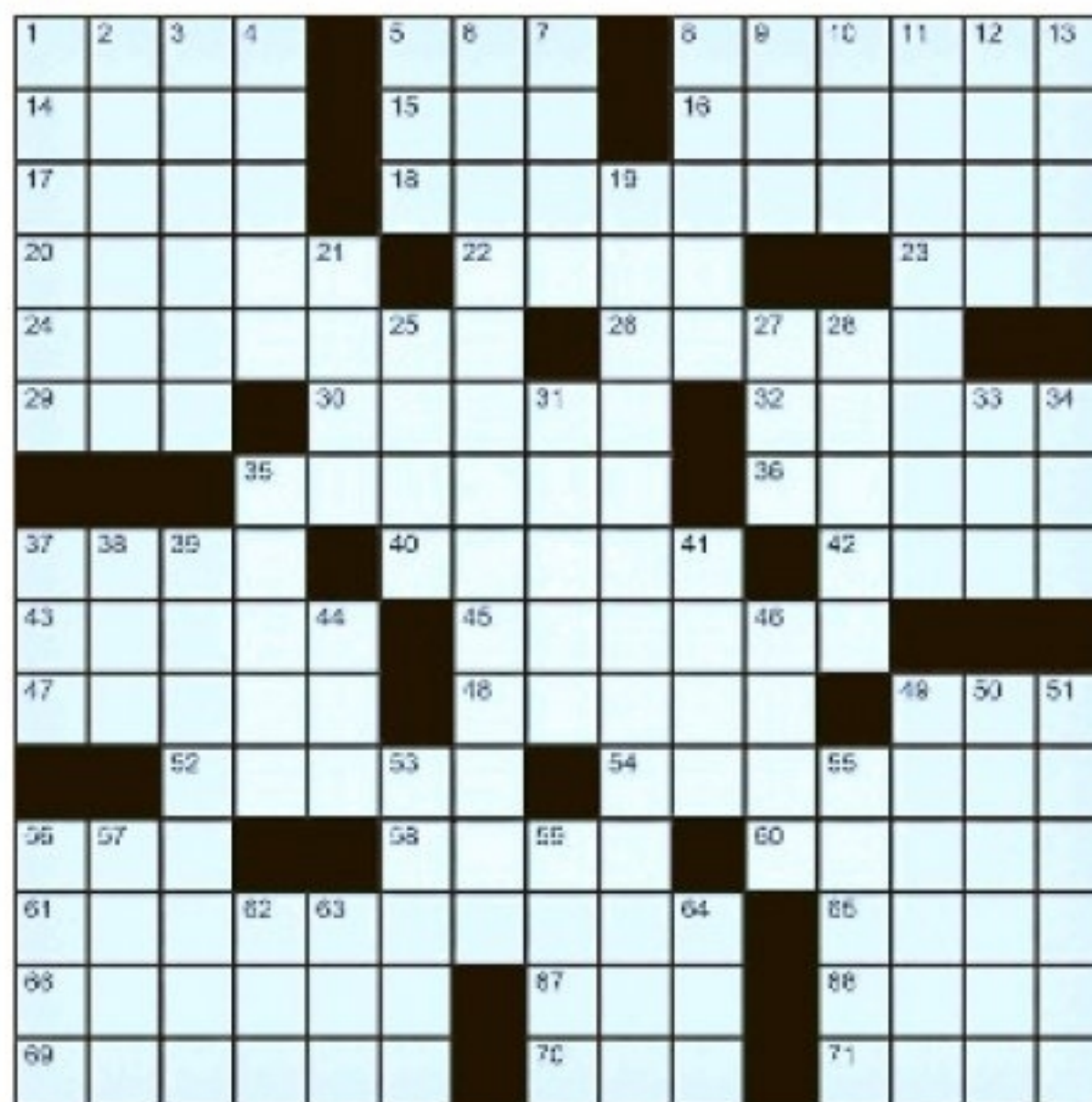
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BY KELLY ANN BUCHANAN

ACROSS

1. "Eyes Wide _" (1999)
5. Maturate
8. 1969 Elvis hit: "In the _"
14. Stylish
15. _ Tin Tin
16. Update, workshop-style
17. Rainbow goddess of ancient Greece
18. _ _ Rod (Giant roadside attraction in Houston, British Columbia)
20. Soldiers group
22. Brewery yeast
23. Grassland
24. Imply
26. Effigy
29. Open 24 _ (All day/night store sign)
30. Saskatchewan hamlet near Moose Jaw; or, "Gigi" (1958) star Leslie
32. Garden's lounging lieu
35. Susan _ The Volcano Lover novelist
36. Wreck
37. 1/6 inch printing unit
40. Disconcerted
42. Bestow
43. Door accessories
45. Art gallery prints, e.g.
47. Category
48. Greyish
49. _ _ for Hull
52. Game ragout
54. Competitor
56. Dunk
58. Beatles title lady
60. "An _ of prevention is worth..."



61. Toronto subway line, Yonge- _
65. "Game of Thrones" character Jon
66. Write, chicken-scratch style
67. _ trial
68. Domesticated
69. " _ a Place" by The Beatles

70. Adjust
71. She- _ (Mother's trendy backyard oasis)

DOWN

1. Sew
2. Feeling from frightful film frames
3. Partnerships
4. Mr. Beckford
5. Cute bark
6. Manitoba municipality 350 kms northwest of Winnipeg; 2 wds.
7. Singer born Eithne Ní Bhraonain
8. Fairytale-inspired drama on NBC
9. Guys
10. Ordinal suffix
11. Eau de _
12. Muscle quality
13. Eldest sister in Three Sisters, Anton

- Chekhov's play
19. July 13th to July 24th, 2016: Winnipeg _ Festival, its slogan is "You Wanna Play?"
21. Somewhat, in music
25. One of the islands of British Columbia archipelago Haida Gwaii
27. Fitting
28. Jails in England
31. "Midnight at the _": 1974 hit for Maria Muldaur
33. Mr. Fleming
34. Un-new
35. Brand of hummus
37. Canada Post delivery, e.g.
38. 'Serpent' suffix
39. Plot
41. Subsequently
44. Salt, in a Montreal restaurant
46. Unfooled: 2 wds.
49. " _ Montana"
50. Household _ (Marketing survey question)
51. Brooded
53. Soil fertilizers
55. What the unprotected iron does
56. " _ in the Wind" by Kansas
57. Move an _ (Budge)
59. Puppy bites
62. Sort, for short
63. Baby baa-er's birther
64. However

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
If dividing or sharing something, or having an important discussion about inheritances, make sure to protect your own interests. Don't give away the farm.

Taurus April 21 - May 21
You feel particularly sympathetic to a friend or loved one today. This is a good day for a warm, heart-to-heart discussion with someone.

Gemini May 22 - June 21
A co-worker might confide in you today or need your advice. Sometimes people just need a sympathetic ear. (Never miss an opportunity to practice a small kindness.)

Cancer June 22 - July 23
This is a lovely day for the arts or for doing any kind of creative work. You feel particularly sympathetic to the needs of children, which is a good thing.

Leo July 24 - Aug. 23
Family discussions will be warm and friendly today. This is a good day to talk to someone about his or her problems (or perhaps your problems), because people are sympathetic today.

Virgo Aug. 24 - Sept. 23
You might spend time daydreaming today, because your imagination is heightened. In fact, your ability to visualize is heightened, hence your desire to escape into fantasy.

Libra Sept. 24 - Oct. 23
If shopping today, you will be tempted to buy luxurious, elegant items. (It's tough to have champagne tastes on a beer wallet.)

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, dancing with mysterious Neptune. This makes you particularly sensitive to your surroundings and the feelings of others.

Sagittarius Nov. 23 - Dec. 21
Hidden secrets might be revealed today. Or perhaps you will feel more in tune with your own psychic abilities. (We all have them.) You also might be attracted to mysticism or magical ideas. ("Where is that Ouija board?")

Capricorn Dec. 22 - Jan. 20
A discussion with a female friend will be important and perhaps confidential. Someone might need your emotional support.

Aquarius Jan. 21 - Feb. 19
Personal details about your private life might be made public today. Fortunately, it might be that someone discovers a good deed you have done. Something will reveal that you have a sympathetic, caring nature.

Pisces Feb. 20 - March 20
Because your appreciation of beauty is heightened today, visit beautiful places — museums, galleries, architectural buildings and parks. Enjoy your day!

CONCEPTIS SUDOKU by Dave Green

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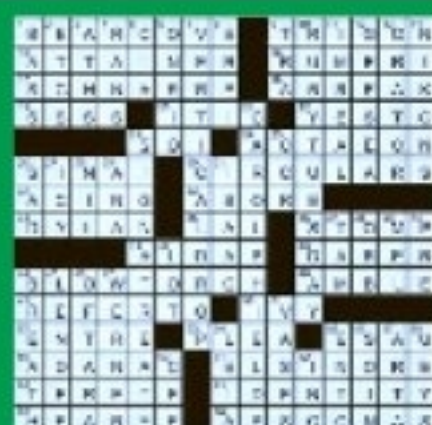
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24 MONTHS

INCLUDES A

\$750 WELCOME BONUS^Δ

BUY IT

WITH \$0 DOWN

0% FINANCING

FOR

60 MONTHS[†]

+\$750 WELCOME BONUS^Δ

OR

5-YEAR WARRANTY**

- ALL-WHEEL DRIVE
- 17" ALLOY WHEELS
- 5" TOUCH-SCREEN DISPLAY
- REARVIEW CAMERA
- BLIND SPOT DETECTION WITH REAR CROSS-TRAFFIC ALERT AND LANE CHANGE ASSIST
- HEATED REAR SEATS



Ultimate model shown*

2016 TUCSON 2.0L PREMIUM AWD



WHEN EQUIPPED WITH AVAILABLE AUTONOMOUS EMERGENCY BRAKING (AEB)
For more information, visit www.iihs.org

5-YEAR WARRANTY**

- HEATED FRONT SEATS
- 5" TOUCH-SCREEN DISPLAY
- 17" ALLOY WHEELS
- REARVIEW CAMERA
- BLUETOOTH® HANDS-FREE PHONE SYSTEM



Ultimate model shown*

2017 SANTA FE SPORT 2.4L FWD



WHEN EQUIPPED WITH OPTIONAL FRONT CRASH PREVENTION.
For more information, visit www.iihs.org

TRY IT

LEASE FOR ONLY

\$69 WEEKLY

AT

0.9%⁰

FOR

60 MONTHS

INCLUDES

\$1,800 IN LEASE PRICE ADJUSTMENTS⁰

WITH \$999 DOWN

BUY IT

0% FINANCING

FOR

60 MONTHS[†]

+\$2,000 IN FINANCE PRICE ADJUSTMENTS⁰

OR

BUY IT

FINANCE FOR ONLY

\$79 WEEKLY

AT

0%

FOR

84 MONTHS[†]

INCLUDES A

\$1,000 WELCOME BONUS^Δ

WITH \$750 DOWN

TRY IT

0.9% LEASING

FOR

24 MONTHS[†]

+\$1,000 WELCOME BONUS^Δ

OR

H-Factor

THIS IS HOW WE DO IT.

visit HyundaiCanada.com

5-year/100,000 km Comprehensive Limited Warranty**

5-year/100,000 km Powertrain Warranty

5 YEAR WARRANTY

5-year/100,000 km Emission Warranty

5-year/Unlimited km 24 Hour Roadside Assistance

Dealers may charge additional fees for administration of up to \$499. Charges may vary by Dealer.

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